

USPA 2023 Sonoma County Open October 28, 2023 Cotati, California

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Open															
56kg Open																	
1	Annie Zaks	CA	56kg	55.05	38	80.0	85.0	90.0	40	42.5	45.0	102.5	110.0	117.5	250	293.1	
67.5kg Open																	
1	Britnie Zappa	CA	67.5kg	67.10	28	142.5	152.5	155.0	85	87.5	87.5	147.5	160.0	165.0	402.5	416.97	
2	Ameliawati Hanks-Hamer	CA	67.5kg	66.45	29	85.0	92.5	95.0	47.5	52.5	57.5	110	117.5	125.0	277.5	289.11	
75kg Open																	
1	Mikayla Forer	CA	75kg	74.45	25	75.0	82.5	87.5	47.5	52.5	57.5	105	112.5	120.0	260	254.224	
82.5kg Open																	
1	Ashleigh Worley	CA	82.5kg	78.55	34	87.5	92.5	100.0	67.5	70.0	70.0	135	142.5	150.0	310	294.793	
2	Morgen Prestel	CA	82.5kg	76.85	32	52.5	60.0	65.0	42.5	47.5	50.0	80.0	87.5	92.5	207.5	199.543	
110+ Open																	
1	Ellie Ehlert	CA	110+	116.6	28	110.0	120.0	130.0	60	65	70.0	137.5	145.0	150.0	350	283.192	
Women Raw Powerlifting		Submaster															
56kg Submaster																	
1	Annie Zaks	CA	56kg	55.05	38	80.0	85.0	90.0	40	42.5	45.0	102.5	110.0	117.5	250	293.1	
Women Raw Powerlifting		Master															
67.5kg Master 40-44																	
1	Megan Bennett-Burks	CA	67.5kg	66.35	41	65.0	72.5	80.0	47.5	47.5	50.0	105	112.5	120.0	242.5	252.868	255.397
67.5kg Master 50-54																	
1	Kathleen Sousa	CA	67.5kg	63.1	54	90.0	90.0	92.5	45	47.5	52.5	110	112.5	117.5	260	279.364	336.354
110+ Master 40-44																	
1	Christina Sullivan	CA	110+	120.35	41	135.0	135.0	135.0	67.5	70.0	75.0	155	160.0	165.0	375	300.643	303.649
Men Raw Powerlifting		Junior															
67.5kg Jr 13-15																	
1	Turner Jenkins	CA	67.5kg	66.8	13	87.5	95.0	100.0	57.5	60.0	70.0	137.5	142.5	150.0	297.5	231.041	
67.5kg Jr 20-23																	
1	William Crawford	CA	67.5kg	66.8	20	160.0	170.0	182.5	90	95.0	100.0	200	220.0	227.5	510	396.071	
2	Valentin Martinez	CA	67.5kg	66.2	20	142.5	150.0	157.5	87.5	92.5	95.0	177.5	192.5	205.0	457.5	357.662	
3	Brian Ly	CA	67.5kg	66.85	22	127.5	135.0	142.5	82.5	87.5	87.5	165	175.0	182.5	400	310.474	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Jr 18-19																
1	Walker Below	CA	75kg	71.7	19	167.5	172.5	177.5	107.5	-110.0	110.0	220	232.5	-237.5	520	384.245	
2	Nicholas Nurwinata	CA	75kg	73.8	19	140.0	150.0	160.0	-105	-105.0	105.0	165	180.0	190.0	455	329.842	
3	Isaac Adair	CA	75kg	73.0	18	152.5	162.5	165.0	95	97.5	-100.0	182.5	187.5	190.0	452.5	330.382	
DQ	Robert Phouthavong	CA	75kg	73.95	19	175.0	185.0	-195.0	-132.5	-137.5	-137.5	237.5	-252.5	-252.5	0	0	
	75kg Jr 20-23																
1	Robin Matthew Cruz	CA	75kg	74.55	21	165.0	177.5	-187.5	-110	-110.0	110.0	215	235.0	-245.0	522.5	376.302	
	82.5kg Jr 16-17																
1	Dylan Martinez	CA	82.5kg	80.10	16	162.5	-170.0	170.0	100.0	107.5	-115.0	215	227.5	-235.0	505	347.965	
	82.5kg Jr 20-23																
1	Elias Frank Ramos	CA	82.5kg	78.7	20	192.5	200.0	205.0	130	137.5	142.5	257.5	272.5	275.0	622.5	433.452	
2	Aaron Klaut	CA	82.5kg	80.6	22	200.0	215.0	-220.0	115.0	120.0	-130.0	245	265.0	-275.0	600	411.918	
	100kg Jr 18-19																
1	Garrett Bonnin	CA	100kg	98.0	19	260.0	272.5	277.5	142.5	-150.0	150.0	275	282.5	287.5	715	444.018	
	100kg Jr 20-23																
1	E.J Rea	CA	100kg	99.45	22	200.0	215.0	227.5	150	157.5	-165.0	200	212.5	222.5	607.5	374.823	
2	Alan Lieou	CA	100kg	96.45	21	180.0	190.0	207.5	105.0	115.0	125.0	-185	205.0	220.0	552.5	345.581	
	110kg Jr 13-15																
1	James Parker	CA	110kg	103.7	14	-130.0	130.0	137.5	52.5	-57.5	57.5	127.5	137.5	140.0	335	203.064	
	110kg Jr 16-17																
1	Mason Vaillette	CA	110kg	105.4	17	125.0	147.5	-157.5	85	95.0	-102.5	165	185.0	197.5	440	264.957	
	110kg Jr 18-19																
1	Boris Martinez	CA	110kg	109.05	19	250.0	260.0	-272.5	150.0	157.5	-165.0	260	272.5	-275.0	690	410.009	
	125kg Jr 16-17																
1	Avant Kuchlous	CA	125kg	120.0	17	255.0	-275.0	275.0	145.0	155.0	-160.0	230	250.0	272.5	702.5	403.45	
	Men Raw Powerlifting			Open													
	67.5kg Open																
1	William Crawford	CA	67.5kg	66.8	20	160.0	170.0	182.5	90	95.0	100.0	200	220.0	227.5	510	396.071	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	75kg Open																
DQ	Robert Phouthavong	CA	75kg	73.95	19	175.0	185.0	-195.0	-132.5	-137.5	-137.5	237.5	-252.5	-252.5	0	0	
	82.5kg Open																
1	Aaron Klaut	CA	82.5kg	80.6	22	200.0	215.0	-220.0	115.0	120.0	-130.0	245	265.0	-275.0	600	411.918	
	90kg Open																
1	Daniel Maxwell	CA	90kg	88.5	26	230.0	240.0	247.5	130	-140.0	-140.0	242.5	250.0	-257.5	627.5	409.231	
2	Dante Licata	CA	90kg	86.8	27	172.5	-177.5	182.5	127.5	135.0	-140.0	215	222.5	227.5	545	359.047	
	100kg Open																
1	Garrett Bonnin	CA	100kg	98.0	19	260.0	272.5	277.5	142.5	-150.0	150.0	275	282.5	287.5	715	444.018	
2	Shane Yu	CA	100kg	99.6	25	217.5	227.5	237.5	137.5	145.0	150.0	227.5	240.0	-247.5	627.5	386.909	
3	Thomas Thach	CA	100kg	97.10	24	185.0	-195.0	197.5	95.0	100.0	105.0	190	195.0	202.5	505	314.908	
	110kg Open																
1	Boris Martinez	CA	110kg	109.05	19	250.0	260.0	-272.5	150.0	157.5	-165.0	260	272.5	-275.0	690	410.009	
2	Tim Hartley	CA	110kg	106.9	34	220.0	230.0	235.0	157.5	165.0	-172.5	247.5	265.0	272.5	672.5	402.7	
3	Jonathan Humphrey	CA	110kg	109.9	30	220.0	227.5	232.5	-150.0	-157.5	157.5	272.5	280.0	282.5	672.5	398.436	
4	Jacob Shipman	CA	110kg	105.7	24	-175.0	175.0	190.0	132.5	140.0	-142.5	220	230.0	247.5	577.5	347.361	
5	Blake Johnson	CA	110kg	103.4	37	175.0	185.0	192.5	125.0	140.0	147.5	215	230.0	-235.0	570	345.923	
	125kg Open																
1	Ashton Urda	CA	125kg	113.8	28	182.5	197.5	-202.5	140.0	147.5	-155.0	272.5	287.5	-292.5	632.5	369.965	
	Men Raw Powerlifting		Submaster														
	67.5kg Submaster																
1	Javon Lampkin	CA	67.5kg	66.2	37	105.0	112.5	-120.0	67.5	-77.5	82.5	140	147.5	155.0	350	273.621	
	75kg Submaster																
1	Jonah Peters	CA	75kg	73.2	35	-165.0	170.0	180.0	110	-117.5	117.5	195	210.0	217.5	515	375.338	
	140+ Submaster																
1	Theisen Holsworth	CA	140+	150.7	35	162.5	165.0	-167.5	117.5	122.5	-127.5	162.5	167.5	172.5	460	247.061	
	Men Raw Powerlifting		Master														
	90kg Master 40-44																
1	David Hernandez	CA	90kg	88.1	42	-150.0	155.0	167.5	115.0	122.5	-125.0	185	197.5	207.5	497.5	325.211	331.715

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	125kg Master 50-54																
1	Shayne Mytinger	CA	125kg	111.9	52	110.0	115.0	115.0	80	82.5	85.0	122.5	125.0	137.5	337.5	198.622	231.394
	Women Classic Raw Powerlifting		Master														
	67.5kg Master 60-64																
1	Gia Blackwell	CA	67.5kg	64.75	63	92.5	100.5	105.0	57.5	62.5	65.0 (67.5)	117.5	125.5	130.0	300	317.371	450.984
	67.5kg Master 65-69																
1	Betsy Spann	CA	67.5kg	61.85	66	52.5	57.5	60.0 (65.0)	47.5	52.5	55.0	92.5	100.0	107.5 (112.5)	222.5	242.02	365.693
	Men Classic Raw Powerlifting		Junior														
	90kg Jr 20-23																
1	Isaac Woldt	CA	90kg	88.1	23	217.5	227.5	237.5	115.0	120.0	125.0	252.5	265.0	272.5	617.5	403.654	
2	Cody Martin	CA	90kg	86.05	22	152.5	162.5	165.0	115.0	122.5	130.0	225	235.0	240.0	527.5	349.127	
	Men Classic Raw Powerlifting		Open														
	75kg Open																
1	Carlos Zarate	CA	75kg	72.9	32	140.0	152.5	165.0	105	115.0	120.0	175	190.0	202.5	482.5	352.605	
	Men Classic Raw Powerlifting		Master														
	75kg Master 70-74																
1	David Bentley	CA	75kg	74.6	71	125.0	135.0	145.0	85	97.5	100.0	160	192.5	200.0	422.5	304.152	511.279
	Women Single Ply Powerlifting		Junior														
	67.5kg Jr 20-23																
1	Emmeline Dunaway	CA	67.5kg	61.35	23	145.0	155.0	160.0	70	75.5	77.5	130	140.5	142.5	373	407.768	
	Men Raw Bench Only		Junior														
	110kg Jr 13-15																
1	James Parker	CA	110kg	103.7	14				52.5	57.5	57.5				57.5	34.854	
	Men Raw Bench Only		Open														
	75kg Open																
1	Stefan Zechowy	CA	75kg	74.7	54				102.5	110.0	110.0				102.5	73.725	88.765
	100kg Open																
1	Stacy Dedrick	CA	100kg	96.9	58				145.0	162.5	167.5				167.5	104.547	134.971
	110kg Open																
1	Hossdany Roque	CA	110kg	108.2	27				200.0	207.5	210.0				207.5	123.67	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	Men Raw Bench Only			Master													
	56kg Master 70-74																
1	Peter Niewieroski	CA	56kg	54.3	72				57.5	60.0	62.5				60	55.205	94.842
	75kg Master 50-54																
1	Stefan Zechowy	CA	75kg	74.7	54				102.5	110.0	110.0				102.5	73.725	88.765
	100kg Master 55-59																
1	Stacy Dedrick	CA	100kg	96.9	58				145.0	162.5	167.5				167.5	104.547	134.971
	Women Raw Deadlift Only			Master													
	67.5kg Master 65-69																
1	Betsy Spann	CA	67.5kg	61.85	66							92.5	100.0	107.5 (112.5)	107.5	116.931	176.683
	110+ Master 40-44																
1	Christina Sullivan	CA	110+	120.35	41							155	160.0	165.0	165	132.283	133.606
	Men Raw Deadlift Only			Junior													
	67.5kg Jr 13-15																
1	Turner Jenkins	CA	67.5kg	66.8	13							137.5	142.5	150.0	142.5	110.667	
	110kg Jr 13-15																
1	James Parker	CA	110kg	103.7	14							127.5	137.5	140.0	140	84.862	
	Men Raw Deadlift Only			Open													
	125kg Open																
1	Ashton Urda	CA	125kg	113.8	28							272.5	287.5	292.5	287.5	168.166	
	Women Raw Push-Pull			Master													
	110+ Master 45-49																
1	Trisha Beckett	CA	110+	115.6	49				60.0	62.5	65.0	115	117.5	120.0	182.5	148.051	108.349
	Men Raw Push-Pull			Open													
	125kg Open																
1	Ashton Urda	CA	125kg	113.8	28				140.0	147.5	155.0	272.5	287.5	292.5	435	254.442	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters												Record Color Codes					
Name		Equip	Events	Comp	Sex							State					
Garrett Bonnin		Raw	PL	Jr	Men							National					
Britnie Zappa		Raw	PL	Open	Women												
Garrett Bonnin		Raw	PL	Open	Men												
Meet Director:		Mike Koufos															
Referees																	
National:		Ferd Luis, Mike Koufos, George Davis															
State:		Sheena Daquing, Mike Koufos															
Spotter/Loaders:		Rich Gebauer, Iverson Gebauer, Mariak King, Ed Casilla, Rob Hagar															